



asthma & allergy friendly®

Certification Program Tips to Improve Indoor Air Quality

In general, the best way to improve indoor air quality is to reduce the sources of allergens and irritants in your home. We take about 20,000 breaths each day, spend nearly 90% of our time indoors and spend almost 1/3 of our lives in bed.

So, we've created this handy quick checklist to assist you in keeping your spaces irritant free – now you can breathe deeply and feel great!

You're welcome!

ENTIRE HOME

- Establish regular cleaning routines and remove clutter
- Remove strong scents like candles and harsh cleaners
- Traditional candles can be replaced with beeswax, soy or battery powered ones
- Measure your home's humidity levels and keep below 50%
- Replace carpets with solid surface flooring, if possible. Otherwise use a CERTIFIED **asthma & allergy friendly**® vacuum on carpets and fabric furniture weekly
- Use CERTIFIED **asthma & allergy friendly**® air cleaners and filters
- Use unscented cleaners (like our Everyday Spray!)
- Avoid high VOC products. Look for products labeled low VOCs +only use them in well-ventilated areas
- Avoid aerosol cleaning products

TIPS FOR ALLERGY TRIGGERS

Mold

- Use central air conditioning or a dehumidifier with distilled water
- Fix leaks. Remove sources of dampness + make sure rainwater drains away from your house

Dust Mites

- Wash bedding, rugs + curtains in water 130 degrees or hotter
- Cover mattress + pillows with CERTIFIED **asthma & allergy friendly**® protectors
- Use a CERTIFIED **asthma & allergy friendly**® whole-home air cleaner or air filters in your air conditioner and/or furnace
- Use special vacuum cleaners to keep mites and mite waste from getting back into the air
- Avoid wall-to-wall carpeting if possible
- Every four weeks, place soft toys (without electronic elements) into the freezer for 24 hours + cold wash

Pollen

- Keep all windows closed+use a CERTIFIED **asthma & allergy friendly**® air filter in your air conditioner or heating system
- Set your car's air conditioner to recirculate
- After spending time outside, change your clothes as soon as you come in
- Shower and shampoo your hair each night before bed so you don't get the pollen on your pillow

BEDROOM

- Use CERTIFIED **asthma & allergy friendly**® bedding
- Replace pillows if more than 2 years old + mattress if more than 10 years old
- Wash bedding weekly in hot, soapy water 130 degrees or hotter
- Dust EVERYTHING weekly - behind furniture, ceiling fans, light fixtures + closet shelves
- Keep windows closed during peak pollen times+ during times of high outdoor pollution
- Use a CERTIFIED **asthma & allergy friendly**® portable air cleaner in your bedroom
- If you live in a wet climate, you may need a humidifier using distilled water to keep the humidity levels below 50% in your room
- If you have a connected bathroom, run fan for at least 15-20 minutes after showering

BATHROOM

- Fix leaks
- Clean fixtures regularly to prevent mold + mildew from forming
- Check for signs of mold + mildew (shower curtains should be replaced regularly – look at it as a chance to redecorate every season!)
- Dust or rinse clean the exhaust fan covers

LIVING ROOM

- Dust ceiling fans and electronics regularly
- Use a CERTIFIED **asthma & allergy friendly**® Vacuum on flooring + under furniture
- Keep vents on fireplaces. Open windows and doors for further ventilation
- Do not use throw pillows
- Choose leather or vinyl furniture (it's chic too!)

KITCHEN

- Fix leaks from your sink, dishwasher + refrigerator water line – check them often for mold
- Clean the tops of cabinets + vent hood often
- Clean your garbage disposal with baking soda + white vinegar
- Use lids on trash cans
- Throw out/compost old produce before it grows mold
- Don't let dirty dishes pile up (no matter whose turn on the chore chart it is!)